



Sept. 30, 2026

Rest From Work: A Daily Meditation

By The Editors

In the bustling pace of life, God calls you to pause and rest from work. The author of Hebrews reminds us that Sabbath rest continues for the people of God:

“So then, there remains a Sabbath rest for the people of God, for whoever has entered God’s rest has also rested from his works as God did from his.”

Hebrews 4:9-10, English Standard Version

This rest is not merely a cessation from tasks, but a profound experience rooted in grace. When you accept the invitation to rest from work, you mirror the divine pattern established by God. He rested after Creation not because He needed it, but because we do.

Picture the weight of your responsibilities as a towering mountain that stretches between you and the peace God offers. It’s daunting, and at times, overwhelming. Yet, here’s the promise: this very mountain can tremble and fade away. With Christ’s redemptive work, every obstacle that blocks your path to God’s peace is dismantled. The valleys of despair are lifted, creating a straight pathway to His abiding rest. You no longer have to earn your way; you simply need to receive the gift of grace.

As you envision this transformation, allow yourself to stand at the foot of your mountain and witness it dissolve like mist in the morning sun. In that moment, realize that Jesus is right there, inviting you to follow Him. He beckons you to lay down the burdens of anxieties and expectations so that you can truly experience rest from work. When you join Him on that path, your worries begin to evaporate, leaving space for a deeper relationship with the Father.

In this sacred rest, your spirit finds renewal. The gifts of the Holy Spirit — love, joy, peace, and patience — blossom within you, reflecting the heart of Christ. Allow this daily meditation to become a practice. Embrace the freedom that comes from resting in God’s presence, fully assured that you will find mercy and help in your time of need. Today, take a deliberate step toward rest from work. Experience the refreshing flow of grace that rejuvenates your spirit and nourishes your soul.

God of rest, thank You for setting an example for us in the creation of the world by resting on the seventh day. Thank You for calling us to rest; for giving us this gift. Today, help me to stop trying to earn Your love or the love of those around me through my own hard work. Help me rest in Your peace and acceptance, and to meditate on Your character and Your love for me. In the name of Jesus, amen.

Thank you to Barb Wallace and Mimico PC for this article



Worship Calendar

Oct. 4	Communion Sunday - In View of God's Mercy	Romans 12:1-2	Rev. Eric Lee
Oct. 11			Rev. Jan Hieminga
Oct. 18			Rev. Jan Hieminga
Oct. 25	Holiness Gets Personal	Leviticus 19:1-2, 11-19	Rev. Eric Lee
Nov. 1	Turned Right Side Up pt. 1- The Gospel We Have Received	Micah 3:5-12	Rev. Eric Lee
Nov. 8	Turned Right Side Up pt. 2 Faithful to the Word	Micah 3:8 Revelation 22: 18-19	Rev. Eric Lee



NEWS AND ANNOUNCEMENTS

REMINDER- Holy Communion

Please be reminded that Holy Communion will be offered by intinction this coming Sunday (October 4). All are welcome to feast at the Lord's Table.

St. James Food Bank

Please be advised that the St. James Food Bank does not need egg cartons at this time. Please recycle your egg cartons responsibly. You will be advised when there is again a need for used egg cartons. Thank you all for supporting the SJFB.

Scripture Readers

Please be advised that a printed copy of the psalms and the scriptures that are to be read on any given Sunday will be placed on the lectern for every Sunday worship service. It has come to our attention that some of our dear readers do not have the ability to make a copy of the readings that Halyna sends out every week. She will now be making a single copy which will be in place in case a reader is not able to have their own printed copy. This will, hopefully, prevent issues of reading the wrong scripture or the wrong version of the scripture. The printed version is exactly what appears on the screen so that everyone is on the same page!

Devotional Box – To be or not to be?

The Devotional Box on the front porch of the church has been in place since 2020.

It began during COVID as a means to distribute physical support (cloth masks supplied by the Graceview Masked Maker) and spiritual support (various devotionals, Graceviews, Presbyterian Connection and other publications) to our church family and to our community.

I believe it has served its purpose and should now be retired. However, if you or someone you know still relies on the Devotional Box to pick up devotionals etc., please let me know and finding a sturdier container for these materials will be investigated. Thank you.

Nancy McPherson (416-622-8053/mcphersonn@yahoo.com)

Bible Study Dates

Please take notes of the remaining dates that the Bible Study will occur.
Oct. 6; Oct. 20; Oct 27; Nov. 17; Nov. 24

Coffee/Tea Sign Up

It is time again to volunteer for coffee/tea service after worship services. The sign-up sheet is on the bulletin board in the Adamson Lounge. September is already full, but there are plenty of spots left for the remainder of the year. If you can, please sign up for multiple dates, so that we are not left short at the last minute.
Thank you.

Oct. 4 – Nancy & Margaret
Oct. 11 –
Oct. 18 –
Oct. 25 – Carol & Iris
Nov. - Outreach



Thanksgiving Food Drive

Outreach is organizing a food/cash drive for the St James Food Basket to provide them with selected food products for their client families. The following items have been suggested: canned tomatoes, canned tomato paste, tuna, canned beans (e.g. chickpeas), and 1-pound (454 grams) packages of pasta (not in boxes). A large tote bin is now at the front of the church to hold your items. If you prefer, you can make a cash donation (cash, cheque or e-transfer) which will be used to buy these items in bulk by the Food Basket. Please mark your donation for the Outreach account, Food Drive, and include your envelope number. Let's aim to fill the bin to overflowing by Sunday, October 18th and share our blessings with those who are struggling to make ends meet.



Ethel's Contact Information

Ethel Waite remains in the McCall Rehabilitation Centre. She now has a cell phone and has asked for me to share her phone number with Graceview. You can reach her at 289-952-3878. I am sure she would love to hear from you.

Kento's New Musical!!

Kento has created a new musical entitled REIMU which is a modern reimagining of the Japanese folk legend, Snow Woman. The world premiere will take place on Friday, October 16(evening) and Sunday, October 18 (matinee) at the Array Space Studio (155 Walnut Avenue). Here is the link for more information. The production is endeavouring to raise funds through a GOFUNDME page. That information is also in the link that I have provided.

Well done, Kento. We, at Graceview are so proud of all you have accomplished.

<https://www.hibikiproject.org/reimu-hp>

NB. A third performance has now been added on Sunday, October 18 at 8:00 PM.

A Taste of Italy Dinner

Outreach plans to host a dinner on Friday, October 16th at 6 pm in the downstairs hall. It will feature an Italian themed dinner and will be prepared for us by Chef Keith and the students in the culinary program at Thistletown Collegiate. Ticket prices are \$30 and all proceeds from the dinner will go to the Thistletown Euro Trip to Italy which will take place during the 2027 March Break. Please save this date on your calendar! Tickets can be purchased from Jean Ross, after service.



Common Scents

Please be advised that our church has a scent-free protocol. It seems that some of our dear parishioners feel unwell due to heavy floral smells. Please be considerate of those in our congregation who are affected by strong smells and odors and refrain from perfumes or colognes when coming to worship on Sunday mornings. Thank you one and all.



Sing! Etobicoke

Mark your calendars: Sing Etobicoke returns on October 20!

The full schedule is attached. **Notice that sessions are now on Tuesdays**

New this year: no more registering ahead of time! Sing Etobicoke is now fully drop-in. If you feel like singing, just show up to whichever weekly session works for you. Come every week, come once in a while, however it fits into your life.

Please do remember to continue to sign in. 😊

As always, it's completely free and open to everyone in the community, so bring a friend or neighbour along if you'd like. We've missed our Sing Etobicoke community, and we're so glad you'll be raising your voices with us again this year. See you on October 20!

Sing Etobicoke! 2026 Fall Schedule

Date	Start Time	Location	Workshop Theme
October 20, 2026	9:30 AM	NPCC	Voices of Fall
October 27, 2026	9:30 AM	Graceview	Spirits and Stories (Guest Day I)
November 3, 2026	9:30 AM	NPCC	Catch a Falling Star
November 10, 2026	9:30 AM	Graceview	The White Cliffs of Dover
November 17, 2026	9:30 AM	NPCC	Canadian Classics
November 24, 2026	9:30 AM	Graceview	La Mer
December 1, 2026	9:30 AM	NPCC	Movie Night
December 8, 2026	9:30 AM	Graceview	Road Trip!
December 15, 2026	9:30 AM	NPCC	Holiday Sing I
December 22, 2026	9:30 AM	Graceview	Holiday Songs (Guest Day II)

Sing! Etobicoke! 2027 Winter Schedule

Date	Start Time	Location	Workshop Theme
January 12, 2027	9:30 AM	Graceview	Voices of Winter
January 19, 2027	9:30 AM	Graceview	The Great American Songbook
January 26, 2027	9:30 AM	Graceview	A Day in the Life
February 2, 2027	9:30 AM	NPCC	Musicals and more (Guest Day III)
February 9, 2027	9:30 AM	NPCC	That's Amore!
February 16, 2027	9:30 AM	NPCC	A Morning of Ballads
February 23, 2027	9:30 AM	Graceview	Downtown
March 2, 2027	9:30 AM	NPCC	Stand By Me
March 9, 2027	9:30 AM	Graceview	Sunshine, Lollipops and Rainbows
March 16, 2027	9:30 AM	NPCC	Voices of Spring (Guest Day IV)



PRAYER REQUESTS AND PASTORAL CARE

- * Pray for the people of war-torn countries (Iran, Ukraine, Sudan) who are living in fear and uncertainty. Pray for those close to home who need your special love and guidance during trying times. Pray for our country, Canada. Pray for those who are afflicted with the Ebola virus in the African country of Congo. Especially, pray for those affected by the forest fires in northern Ontario.
- * **Joan Kohar** who had a fall and was taken to St. Joseph's Hospital where she is undergoing tests to determine the cause.
- * **Bob Nixon** (Earl's brother)
- * **Ryan Jory** (Jean Fox's nephew) – Doctors recently found more issues with his ongoing battle with cancer.

* **Please keep these people in your prayers:**

Ethel Waite	Anna Cherniak	Margaret Munene's brothers, Luka and Simon
Ali Tavossoli's family	Viralyn Goolcharan	Olive S.
Ruth Ann Ross	Bob Woolley	Harold Hussey
Teresia Njoki	Roman and Adrian P.	Ed Lattimore
Sheila Thomas' grandson, Carter	Jarvis family	

Please keep these folks, and indeed, everyone in our church family and people around the world, in your prayers.

Note from your editor...could you please advise me from time to time on the status of your loved ones so that updates can be recorded and shared to prove that the power of prayer does work miracles.



UPCOMING EVENTS

- ❖ Thursdays @ 2:00 PM – Worship service at Centennial Park Place
- ❖ Monday, Oct. 5 @ 7:00 PM – Outreach meeting
- ❖ Friday, Oct. 16 - @ 6:00 PM – A Taste of Italy Dinner
- ❖ Friday, Oct. 16 & Sunday, Oct. 18 – REIMU (Kento's musical)
- ❖ Tuesday, Oct. 20 @ 9:30 – Sing! Etobicoke begins at NPCC
- ❖ Sunday, Nov. 1 @ 10:30 AM – Remembering Tree Sunday
- ❖ Sunday, Nov. 8 @ 10:30 AM – Remembrance Day Service with guest speaker, Brenda Nash
- ❖ Monday, Nov. 9 @ 6:30 PM – Mission Team meeting
- ❖ Friday, Nov. 27 @ 6:30 PM – Deck the Halls
- ❖ Wednesday, Dec. 16 @ 12 noon – Advent Lunch and Movie



Prayer/Reader/Announcements for 2026

Prayer Roster

Oct. 4	Pastor Eric
Oct. 11	Halyna Parypa
Oct. 18	Chris Parr
Oct. 25	Pastor Eric
Nov. 1	Margaret Munene
Nov. 8	Pastor Eric
Nov. 15	Nancy Green
Nov. 22	Susan Chopp
Nov. 29	Pastor Eric
Dec. 6	Susan Chopp
Dec. 13	Maureen Screen
Dec. 20	Pastor Eric
Dec. 27	Nancy McPherson

Lay Readers

Margaret Munene
Georgena Engineer
Bob Twynam
Kathy Twynam
Nancy McPherson
Al Bishop
Vi Lobodowsky
Nancy Green
Anna Cherniak
Bob Twynam
Harry Learoyd
Chris Parr
Susan Chopp

Welcome and Announcements

Nancy McPherson
Bob Twynam
Kathy Twynam
Nancy McPherson
Iris Lee
Susan Chopp
Bob Twynam
Iris Lee
Kathy Twynam
Nancy McPherson
Susan Chopp
Bob Twynam
Iris Lee

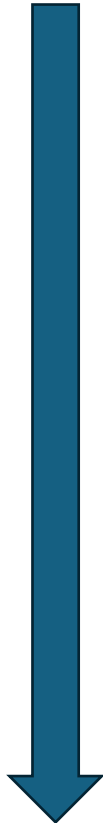
WEEKLY SMILE



Where to Find Us

Contact Person	Email Address	Phone Number	Role/Note
Susan Chopp	choppertini@hotmail.com	416-953-7582	Weekly News
Pastor Eric Church Office (Halyna)	pastor@graceview.ca office@graceview.ca	416-621-0888 (press #1)	Church related issues Church Secretary
Graceview Website	https://graceview.ca/calendar-events		
Facebook Page	Graceview Presbyterian Church https://www.instagram.com/graceview.presbyterian?igsh=MnlpeXE5YTYyN2ly		
Instagram Page			

October Calendar



October

2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Service at CPP 2:00	2	3
4 <u>Communion</u> In View of God's Mercy Rev. Eric Lee	5 Outreach 7:00 PM	6 Bible Study 12:15	7	8 Service at CPP 2:00	9	10
11 Rev. Jan Hieminga	12	13 Craft Club 11:00	14	15 Service at CPP 2:00	16 A Taste of Italy 6:00 PM REIMU – 8:00 PM	17
18 Rev. Jan Hieminga REIMU – 4:00 & 8:00	19	20 Sing Etobicoke 9:30 NPCC Bible Study 12:15	21	22 Service at CPP 2:00	23	24
25 Holiness Gets Personal Rev. Eric Lee	26	27 Sing Etobicoke 9:30 GV Bible Study 12:15	28	29 Service at CPP 2:00	30	31 